

# Group Exercise Schedule: July 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle	Total Body Cond.	Group Cycle	Total Body Cond.	Group Cycle	
7:30 a.m.		Total Body Cond.	Walk and Tone		Walk and Tone	Total Body Cond.	
8:00 a.m.							Bootcamp
8:00 a.m.			Bar-less Barre	Bar-less Barre			Gentle Yoga
9:00 a.m.			Strength for Swimmers			Walk and Tone	
9:00 a.m.	Flow Yoga			Gentle Yoga		Bar-less Barre	
9:00 a.m.	Total Body Cond.	Total Body Cond.	Group Cycle	Total Body Cond.	Group Cycle	Group Cycle	Group Cycle
10:00 a.m.	Flow Yoga	Pilates Mat	Gentle Yoga	Yoga Sculpt	Gentle Yoga	Zumba	Flow Yoga
10:00 a.m.	Group Cycle	Walk and Tone					Zumba
10:00 a.m.				Walk and Tone			Group Cycle
11:00 a.m.						Cardio & Toning for Swimmers	
11:00 a.m.	Restorative Yoga	Chair Zumba	Flow Yoga	Chair Yoga	Stretch & Strap	Chair Yoga	
12:00 p.m.		Chair Yoga	Chair Zumba	Chair Yoga		Chair Yoga	
1:00 p.m.				Dryland Workout Intermediate Swimmers			
4:30 p.m.				Zumba			
5:00 p.m.		Bar-less Barre		Pilates Mat			
5:30 p.m.		Group Cycle	Bootcamp	Total Body Cond.	Pilates Mat		
5:30 p.m.					Zumba	Gentle Yoga	
5:30 p.m.					Yoga for Swimmers		
6:00 p.m.		Yoga Sculpt		Flow Yoga			
6:30 p.m.		Total Body Cond.	Zumba	Zumba	Group Cycle		
6:30 p.m.			Dryland Workout Competitive Swimmers		Dryland Workout Competitive Swimmers		
6:30 p.m.					Yoga Sculpt		
7:00 p.m.		Flow Yoga					

### Valley Health LifeStyles Group Fitness Class Descriptions

**Bar-less Barre:** Join us for a fun take on the fitness barre trend only without the bar and using a chair for support. This class will focus on toning, strengthening, and lengthening of all the muscle groups, and is a fusion of Pilates, yoga, strength, and flexibility training choreographed to music. This total body workout is designed to sculpt the entire body.

**Bootcamp:** A fusion of callisthenic, bodyweight, plyometric, and resistance based exercises designed to blast calories and help you reach your goals. Bootcamp will emphasize proper form and progression for all exercises, while challenging your body through a series of intervals and circuits. If you want to see results, Bootcamp is for YOU! All fitness levels welcome!

**Cardio & Toning for Swimmers:** Dive into a dynamic cardio and strength workout designed for swimmers! This class keeps your endurance and muscle tone in top shape, even while the pool is closed. Join us for a fun session, designed for all fitness levels and abilities. It is sure to keep you swim-ready!

**Chair Yoga:** This class is a gentle form of yoga utilizing a chair for support. Chair yoga allows greater flexibility and joint mobility while learning many yoga postures, breathing, and relaxation techniques found in a traditional yoga class. Great for beginners or anyone wishing to strengthen their body AND mind!

**Chair Zumba:** Chair Zumba introduces easy-to-follow Zumba choreography that has been brilliantly adapted for chair exercise. This class is a high-energy, fun, joyful, and friendly fitness class for anyone who wants to exercise sitting down.

**Dryland Workout for Intermediate/Competitive Swimmers:** This class helps you improve your swimming skills and strength without getting in the water. Using exercises that mimic swimming movements, it focuses on building muscle, flexibility, and endurance in a safe, low-impact way. Perfect for people recovering from injury or those who want to get stronger before swimming, the class is led by trained instructors who make sure exercises fit your abilities. It's a great way to stay active and improve your swimming fitness on land.

**Flow Yoga:** Students will build strength, flexibility, and concentration in a flowing practice that integrates both the body and mind. This class will incorporate both the dynamic style of Hatha yoga and also Vinyasa yoga which translates to "flow with breath". Come relax and restore in a class that will synchronize breath with movement.

**Gentle Yoga:** Traditional yoga poses are modified and restorative in nature with the emphasis on a slower pace. Still designed to calm the spirit, focus the mind, and challenge your body. This class addresses strength, flexibility, balance, mindfulness and is designed for all ages and physical abilities.

**Group Cycle:** Start pedaling and let go as your instructor takes you on a ride through intervals of various terrains. You are in control of the bike's resistance, making this non-impact class a great way to improve cardiovascular endurance for everyone.

**Pilates Mat:** Pilates Mat is a series of exercises that focus on the "powerhouse" or core to develop strength, increase flexibility, improve posture and balance, and align the body and mind.

**Stretch & Strap:** This class will work on developing strength, flexibility, coordination, and muscle balance while challenging your body and mind. The use of stretch straps will be incorporated to safely deepen the stretch and work towards increasing range of motion of the joints. Join us as the instructor skillfully guides you through a full body experience.

**Total Body Conditioning:** This fun and challenging total body workout will test your own personal level of strength and endurance. This class will constantly keep your body guessing by switching up exercises using a combination of weights, body bars, resistance bands, balls, steps, and other equipment. Exercises can be modified to accommodate any fitness level.

**Restorative Yoga:** Revitalize, renew, and distress with our 45 minute restorative practice. The use of props will slow down and open up the body while promoting deep healing on many levels. Please bring a bolster or blanket along with an eye patch to class if possible!

**Strength for Swimmers:** Strength for Swimmers is a low-impact fitness class designed to build core, shoulder, and full-body strength using swim-inspired movements performed either standing or seated in a chair. The class focuses on posture, stability, and range of motion, making it accessible and effective for all fitness levels, including those with limited mobility.

**Walk and Tone:** This class will incorporate segments of low impact cardio and light weights to strengthen your heart, muscles, and bones!

**Yoga for Swimmers:** Build strength and improve flexibility in this gentle yoga class designed for swimmers. Whether you're on a mat or seated in a chair, we'll focus on breath and alignment. You're sure to feel the benefits of yoga both in and out of the water!

**Yoga Sculpt:** Grab some weights and join us for our dynamic fusion style class. You will get your heart rate up in this interval-training style class that incorporates yoga and sculpting exercises to tone muscles and build strength.

**Zumba:** This dance fitness craze is inspired by Latin and international rhythms. No prior dance experience is necessary for this high energy and easy to follow workout. Ditch your traditional workout and join the party!

#### **Group Exercise Etiquette:**

- \* Classes are subject to change. Please check the front desk for updates.
- \* Class sizes will be limited for the health and safety of all participants.
- \* Arrive early and let your instructor know if you are new to a group fitness class or if you have any injuries or limitations prior to your workout.
- \* Please do not enter more than 15 minutes before class to set up for a class or claim a spot.
- \* In order to prevent injury, please do not enter a class in progress after the warm-up has been completed or leave before properly cooling down.
- \* Appropriate athletic wear is required. Proper closed athletic shoes are required for all classes EXCEPT mind/body and aqua classes.
- \* All classes will be 45 minutes in length.
- \* Classes require advanced registration via our TechnoGym app.